



Soul Quest Retreats

*Where the body remembers, the breath awakens
and the soul finds its way home*

SOMATIC HEALING • BODY & MIND DETOX • SHAMANIC MUSIC THERAPY
VAJRAYANA • TRIBHANGAMURARI KRIYA • MANDALA CHAKRA ACTIVATION
SHAMANIC MUSIC • SIGNATURE SOMA CONSCIOUSNESS • TRULKOR
EPIGENETICS YOGIC PRACTICES • HIMALAYAN PILGRIMAGE



RETREAT 05 OF 07



4-Day Tibetan Vajrayana & Somatic Healing Retreat

An Elite Monastic Sanctuary Blending Ancient Himalayan Subtle-Body Tantra with Modern Nervous System Science

4 Days • 3 Nights

12 Guests Only

Organic Vegetarian Meals



What Is This Experience About?

The **Tibetan Vajrayana & Somatic Healing Retreat** is a hyper-premium, deeply protective sanctuary designed for serious seekers who demand absolute intellectual credibility, pristine lineage authenticity, and profound physical restoration.

Modern urban life scatters our internal vital energy, causing the body's wind channels to constrict and locking the mind into chronic survival anxiety. This retreat offers a rare bridge between the **secret subtle-body technologies of Tibetan Tantric Buddhism (Vajrayana)** and **clinical somatic trauma release science**. Hosted in an atmosphere of deep reverence, this immersion guides you to untangle the physical armor holding back your consciousness, clear your central energetic channels, and taste the legendary *Soma*—the internal nectar of diamond-like clarity, luminous presence, and unshakeable inner peace.



Whom Is It For?

This exclusive, high-ticket sanctuary is strictly limited to an intimate capsule of **12 individuals** who value ultimate privacy, mental depth, and immaculate boundaries. It is explicitly tailored for:

✦ The High-Velocity Intellectual

Corporate executives, founders, physicians, and tech leaders whose minds are constantly hyper-vigilant and who need a sophisticated, logical path to drop back into their bodies.

✦ The Discerning Spiritual Seeker

Individuals who want to experience the deep, mystical currents of genuine Tantra but require an atmosphere of absolute purity, respectability, and monastic discipline.

✦ The Energy & Fascially Constricted

Anyone suffering from chronic internal depletion, creative blocks, or an inability to drop into deep states of meditation due to a highly reactive nervous system.

✦ Seekers of True Mind-Body Mastery

Those looking to transition past superficial commercial wellness and learn authentic, time-tested tools to master their internal states.



The Hidden Highlights

(What You Silently Wish For)

We have structured this retreat around the profound, unuttered desires of high-end seekers, anchored in flawless ethical and psychological safety:

1

The Pristine Monastic Container (Zero Stigma, Absolute Safety)

Because Vajrayana is the tantric lineage of the great Himalayan monasteries, it carries an immaculate reputation of respect, honor, and discipline. **All collective practices are 100% fully clothed, non-sexual, deeply meditative, and boundary-honored.** You get to explore advanced energy-body work with total emotional safety.



2

The Secret Winds & Channels Architecture (*Tsa Lung*)

Direct instruction in the ancient, often guarded Himalayan subtle-body exercises. You will learn to manipulate the internal *Lung* (vital winds or *prana*) through specific somatic movements, clearing historical stress out of the *Chakras* (energy wheels) and *Nadis* (channels) without rigid, repetitive training styles.

3

The Soma Nectar Matrix (Indirect Plant Medicine Integration)

Throughout your deep mental shifts, your physical biology will be nourished by a custom protocol of **highly concentrated, heart-opening adaptogenic master botanicals and nerve-toning Himalayan plant complexes**. These legal, custom-formulated elixirs smooth out internal neural resistance, reduce cellular inflammation, and gently expand conscious capacity to perfectly ground your meditative breakthroughs.

4

The Space of Noble Silence (*Mauna*)

A structured, fluid phase of silence during the mornings to allow your brain's dopamine receptors to completely reset, freeing you from the exhaustion of social performance.



The Fluid Flow Itinerary

(No Restrictive Timestamps)

DAY 1

Entering the Mandala

(The Diamond Threshold)



LATE AFTERNOON

Arrival & Digital Renunciation

Arrive at our mist-shrouded, eco-luxury hill estate outside Bangalore. Surrender your mobile devices, receive your custom *Soma* grounding botanical elixir, and settle into your premium cottage.



TWILIGHT

The Mandala Boundary Ritual

An intimate opening gathering to lock in the absolute safety rules of the sanctuary, map out personal boundary zones, and introduce the lineage framework of tracking the subtle body.



EVENING

The Monastic Harvest Supper

A beautifully clean, warm, easily digestible organic Ayurvedic meal designed to ground the physical elements and prepare the gut for cellular stillness.

DAY 2

Clearing the Channels & Fascial Release

(De-Armoring the Vessel)



DAWN

The *Tsa Lung* Somatic Flow

Gentle, lineage-based physical movements and targeted fascial unwinding designed to open the connective tissue networks of the chest, throat, and hips where the subconscious stores armor.



MORNING

The Liquid Alchemy Protocol

A systematic delivery of live, cold-pressed botanical green juices and adaptogenic root tonics to flush out internal inflammation and elevate cellular frequency.



MID-DAY

Personalized Lineage Therapies

Dedicated hours for traditional herbal body compress applications, deep-tissue somatic release, or silent contemplation under the ancient forest canopy.



DAY 2

Clearing the Channels & Fascial Release

continued



LATE AFTERNOON

Neurogenic Tremor & Sound Realignment

A guided somatic shaking immersion paired with deep Tibetan singing bowl architecture to trigger the brain stem to shake off long-held survival patterns and workplace anxiety loops.



EVENING

Starlit Mantra Architecture & Core Rest

A nourishing medicinal soup followed by an immersive vocal frequency layout to gently guide your brainwaves into profound REM healing.

DAY 3

The Vajra Awakening & The Nectar Union

(The Great Expansion)



DAWN

The Grand Subtle-Body Breath Immersion

Moving into advanced, multi-phase conscious Himalayan breath architecture to oxygenate cells, shift blood alkalinity, and cleanly open the central energetic channel (*Avadhuti*).



MORNING

The Spatial Integration Circle

A safe, highly professional space to verbally process and mentally integrate the visual insights, expansions, or emotional movements experienced during the morning practices.



MID-DAY

Silent Forest Pilgrimage

Extended hours of complete *Mauna* (noble silence) spent out on the private forest trails, allowing nature's natural geometry to calm the visual cortex.



LATE AFTERNOON

The Soma Awakening Ceremony

An elite-tier lineage transmission utilizing our most concentrated adaptogenic botanical complexes to flood the system with deep self-compassion, absolute inner stillness, and unified presence.



EVENING

The Cosmic Celebration Banquet

A magnificent, multi-course organic vegetarian feast by the bonfire, sharing music, integration stories, and deep human connection.

DAY 4

Locking in the Diamond Mind & The Return

(Walking in Power)



DAWN

The Anchor Lock Sequence

A final physical grounding sequence designed to secure your structural bodily changes in place, ensuring you leave with a permanently stabilized nervous system.



MORNING

The Modern Matrix Blueprint Masterclass

A practical strategy session giving you the exact tools to maintain your high-vibration state, manage your energy fields, and shield yourself from corporate burnout back in the city matrix.



MID-DAY

The Farewell Harvest Feast & Departure

A grand closing brunch followed by final checkout as you step back into the world fully aligned, integrated, and completely reborn.



Benefits & Tangible Takeaways

♦ A Diamond-Clear Mind

Complete elimination of brain fog, cognitive fatigue, and the low-grade anxiety that shadows high-stress corporate roles.

♦ Unshakeable Nervous System Stability

A profound shift into a sustained state of calm, strategic, and magnetic presence that commands respect.

♦ Advanced Autonomic Mastery

Lifelong control over your internal energetic currents, giving you the practical ability to turn on creative focus or deep relaxation on demand.

♦ Radical Self-Sovereignty

Deep mental spatial freedom, having successfully cast off old conditioning, workplace expectations, and stored emotional armor.



Inclusions

(Everything is Handled)



Private Cottage Accommodation

3 nights in an exclusive single-occupancy cottage featuring private sit-outs nestled in nature.



Sacred Full Meal Plan

Organic vegetarian cuisine meticulously crafted to boost vitality and clear physical fatigue.



Beverage

Single-origin teas, custom herbal adaptogenic infusions, and evening detox broths.



All Journey Tools

Premium somatic integration journals, structural props, eye masks, and ancestral sound-healing assets.



Retreat Cost Per Person

To match the depth of the facilitator-to-guest ratio, the premium wildcrafted botanical complexes, and the exclusivity of the estate:

BEST VALUE

EARLY-BIRD INVESTMENT

(Paid 30 Days Prior)

₹42,000

(All-inclusive individual package)

STANDARD INVESTMENT

₹48,000

(All-inclusive individual package)

The package cost may change as per ground conditions.



YOUR GUIDES

Retreat Hosts & Facilitators



FOUNDER • LEAD FACILITATOR

Yogi Kiran

Trained in the Zhang Zhung Nyen Gyu lineage of Tibetan Yogic practices, Yogi Kiran has over 28 years of dedicated yogic practice. Yogi Kiran has served as Director HR & Administrative Services in Govt of India Core Department

and has now dedicated his life in the service of human health.

He has expertise and mastery in **Bon Yoga, Trul Khor, Tsa Lung, Pranayama, Kriya Yoga, Ashtanga Yoga, Kundalini & Samadhi Yoga**. His signature healing is in **SOMA therapy**.

In the past he has authored a book named *"Life Beyond Mundane Spirituality"* & now authoring a book named *"Debunking Spiritual Myths"*.



CO-FOUNDER • FACILITATOR • MEDITATOR • DEVOTEE

Payal Kalyani

Guided by the gentle light of internal silence, Payal Kalyani's journey is rooted in the sacred convergence of reflection and devotion. Her life and practice flow beautifully across three sacred landscapes:

- ✦ **Raja Yoga (The Sovereign Self):** Cultivating a life of profound soul-consciousness, she practices the art of steadying the inner kingdom. By moving beyond physical complexities, she connects directly with the Supreme Source, weaving a deep sense of innate peace and clarity into every everyday moment.
- ✦ **Bhakti Yoga (The Devoted Heart):** For Payal, spirituality is a lived emotion. Through sweet reverence and unconditional love, she channels her inner thoughts into absolute devotion—turning daily awareness into a continuous prayer of surrender and grace.
- ✦ **Dhyana Yoga (The Silent Space):** Stripping away external rituals, she finds her ultimate sanctuary in pure, uninterrupted meditation. In this quietude, the noise of the world fades, leaving only the tranquil awareness of the true self.

Through stillness, love, and mindful living, Payal inspires a life where meditation is not just a practice, but a permanent state of being.



FACILITATOR • AACHARYĀ • YOGA & WELLNESS EXPERT • 30+ YEARS OF DEDICATED PRACTICE

Padma Mandapaka

For over three decades, Acharyā Padma Mandapaka has been a trusted beacon of health, balance, and spiritual alignment in the vibrant city of Hyderabad. With a deeply rooted foundation in authentic Patanjali Yogic practices,

her life's work is dedicated to unlocking the profound, transformative power of yoga for modern lives.

As a certified Acharyā, Padma brings a rare blend of timeless scriptural wisdom and practical wellness methodologies to her classes. For the past 30 years, she has successfully designed and conducted specialized yoga wellness programs, helping countless individuals navigate their unique journeys toward complete physical vitality and mental tranquility.

Her extensive knowledge spans the depths of classical yoga philosophy, breathwork, and holistic well-being. Rather than treating yoga as mere physical exercise, Padma guides her students to view it as a pathway to inner harmony, resilience, and self-mastery. Whether you are seeking physical rejuvenation, stress relief, or a deeper connection to your inner self, her seasoned guidance offers the perfect sanctuary to heal, grow, and thrive.

"Guided through a structured 4-day progression within a safe, nurturing and supportive environment—so you can focus entirely on your inner work."



✦ TRANSFORMATIVE RETREATS ✦

Begin Your Journey Within

*Four sanctuaries. One purpose –
to return you to yourself.*

	Somatic Healing & SOMA Detox	4 DAYS
	SOMA Detox & Shamanic Healing	4 DAYS
	Tibetan Vajrayana & Somatic Healing	4 DAYS
	SOMA Detox & Himalayan Journey	7 DAYS

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TRANSFORMATIVE RETREATS